

AVP TRAUMA AWARENESS WORKSHOP – SYDNEY – June 2015

Date(s): Saturday– Sunday June 2015
Venue: STARTTS Office, Auburn, Sydney
Times: Sat & Sun 8:30-6:30
Facilitators: Janis, Katherine, Malcolm, Patrick & Vidya
Support Person: Malcolm
Report by Katherine

ISSUES FOR CONSIDERATION BY TEAM**AVP News****Workshop Summary**

A small successful Trauma Awareness workshop

Recommendations for Issues

- Recommend that participants and facilitators receive a reminder email 2-3 days before the workshop. 6 participants did not turn up. Three called in with a change in circumstance. One, Sara, had not been contacted about the workshop. Others mentioned that they had not been contacted in the preceding week.

Facilitation Ideas

- Progressive Pairs - is a very good way to start to immediately start to build safety. In future add this to the beginning to the Session One agenda. Especially as we knew that some people would be at least 15-20 minutes late
- Add What is this Workshop and Safety Circle to Session One. This may mean moving the U Choose to just before lunch and not doing the first session closing sequence of Session Reflection, U Choose and Closing until before lunch
- Revisit, rewrite or rename the following activities
 - The Storm
 - Are You Listening – add boring text
 - The Listener – rename to Ways of Listening
 - Let's Get Physical - rewrite
 - Circle Game – rename to Step Into the Circle
 - SUDs – change & rewrite
 - Dial Back – change & rewrite
 - Past, Present & Future - rewrite

Some Participant Suggestions

- Longer breaks
- The larger the group the better
- (do workshops in) Mothers' Groups and workplaces

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DAY 1 Saturday 14 June		
Session 1 8:30-10:45 Affirmation, Community Building, Communication		
	V	Progressive Pairs <i>Workshop started 45 minutes late as 7 people had still not arrived and most had not rung and apologised This activity helped build a strong connection and safety between the people present</i>
1	P	Welcome & Intro to Facilitators
2	J	Gathering: My name & one thing in my life that has added to my resilience
3		Agenda
4	P	Positive Names
5		What is this Workshop? Philosophy-P, Building Blocks-M, Journey -J, housekeeping-K
6	M	Safety Circle <i>Important to add this safety activity before the Storm</i>
7	P	The Storm – group painting <i>Team differences in understanding about power over levels of safety if a facilitator painted boxes and squares over painting. Revisit mini manual wording</i>
8	V	Lift: Big Wind Blows
Break		
9	P	Are You Listening? <i>Add boring text to the mini manual. Change activity title in the agenda in the mini manual</i>
10	KM	Ways of Listening <i>Change the activity title in the mini manual from The Listener. Consider changing the explanations rather than the subheadings – Listening to meet my needs, Listening to meet your needs and Interactive (or conversational) Listening</i>
11	MK	Session Relection
12	V	U Choose!
13	J	Closing: Knee Slap
Morning tea break		
Session 2 11:00-1:00		
1		Welcome Back!
2		Agenda
3	P	Connection: My name & one word that describes trauma to me is
4	J	Lift: Here I Sit
5	KM	Let's Get Physical <i>This activity requires a rewrite from a linear model to a different ranking model so that each suggestion is reviewed then linked to the emotional states like rage and anxiety</i>
9		Step Into the Circle <i>Make sure that each sharing has a slow respectful acknowledgement before those e Rename the activity in the mini manual from Circle Game. Also take this out of the Sydney Manual Lift Section</i>
10	P	Session Reflection
11	J	Close: I See You [5mins]

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DAY 1 Saturday		
Session 3		
1		Welcome Again!
2	V	Connection: My name & something I have noticed about my response to trauma
3		Agenda
4	M	Transforming Power & Keys Revisited <i>Stories in triads. This is usually after SUDS however Patrick had a skype meeting at lunch and needed time to get ready for this activity so SUDS was done after this activity</i>
5	P	SUDS Introduction to SUDS with handout. Participants reved up before going to video about domestic violence. Participants so defensive before going to the video that they tended to laugh at the pain of others
5	J	Cyclonic Sharing <i>We did this as a Gathering activity. Change name from this to Grounding – How we look after ourselves</i>
Break 4- 4.15pm		
1	K	Welcome Back
2		Agenda
3	J	Safe Place <i>Draw individually, share in small groups</i>
4	V	Dial Back <i>Consider redesigning this activity. Start with the Grounding part of the activity then given the participants 4 minutes to mediate or to go back and forwards between the meditation and the grounding as is safe for you</i>
5	P	Sculpture <i>Did this as one group did not split up into small groups</i>
11	J	Reflection Continuum [10mins]
12	B	Close: Rainstorm [5mins]

DAY 2 – SUNDAY		
Session 3 8.30 – 10.45		
1	V	Welcome to Day 2 Welcome Stretch
2		Agenda
3	P	Connection: My name & a strength I have gained from trauma
4	V	River of Life Drawing
5	P	My Story Your Listening – in triads
6	J	Session Reflection
7	M	Closing: Koala Hug & Energy Hands
Break 15mins		
1		Welcome Again!
2	J	Connection: My name & why trust is important to me
3		Agenda
4	K	Past Present and Future – River of Life – 2 groups of 5
		lunch

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Session 7 2 – 4pm		
1		Welcome Again!
2		Past Present & Future
3		break
	V	Lift: Imagine the Ball
4	V	Connection: My positive name & a time someone else's trauma impacted me xxx <i>This gathering topic did not work. Towards the end of the workshop this topic was far too deep and agitated participants. Recommend new topic – How do you protect yourself from secondary trauma?</i>
		Lift: Hokey Pokey
5		Agenda
6	J	Speak Out
Break and Farewell Buddies 20-30mins (<i>something I've appreciated</i>)		
1		Welcome Again!
2		Connection: My positive name & how I can be of value to my community
3		Agenda
4		Tree of Trust
5	P	Three Wishes <i>We ran out of time and needed to have a short, positive activity so that the participants could recover and heal from the previous unfortunate gathering. So some of the planned activities were cancelled</i>
		Workshop Evaluation & Contact Forms
6		Ungathering: My name & something I have learnt from this workshop and how I am going to look after my learning
7		Where to From Here <i>Need to use the new handout</i>
8		Graduation [10-15mins]
9		Closing: Yarn Toss & A Gift I Give [15mins]
		COMMUNITY CLEAN UP

FEEDBACK

Overall 4 excellents & 2 goods

Content 4 excellents, 2 goods

Process 4 excellents, 2 goods

Facilitation 4 excellents, 1 good, 1 OK

(Ranking 1=excellent, 2=good, 3=OK, 4=unsatisfactory, 5=poor)

One participant was negative about the facilitators not reacting as she expected when she was sad or felt negative. She requested debriefing and follow-up after the workshop. The team felt that her sight problems possibly meant that she did not see our neutral but interested listening style. Possibly she expected a more responsive maybe therapy-like response from the facilitators and did not understand our "holding a still and generous space for the speaker." A facilitator rang her after the workshop and discussed our "holding the space" type listening and facilitation. The conversation was described as "positive and lengthy."

SUGGESTIONS

- Longer breaks

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- The larger the group the better
- (do workshops in) Mothers' Groups and workplaces
- Let people (mis)interpret the exercise as they see fit to help natural sharing – let the scribe read back so there's no confusion over words. But personally I don't like it, and find it hard to imagine even with improvement that it will be that useful
- Not really it was because I was unable to build the required stress level
- Nothing in particular. The help I need will come to me the more I attend these workshops
- By honestly accepting the expression of sad and negative feelings and not tidying them up requiring the person to conform to AVP expectations ASAP

HIGHLIGHTS

- Drawing my experiences and sharing with group
- River of Life
- Storm, River of Life, Past/Present/Future, Dial Back, Step Into the Circle and L&Ls
- Past > Present > Future
- Sharing stories
- The company & experiences & attitude to experiences of other participants

WHAT CHANGED YOU INSIDE

- River of Life – look back my own life history and see the good and issues and appreciate life experience that has built me to what I am today
- River of Life – started me thinking conceptually
- Sharing stories – connecting to other people via personal experience
- Opening Vibration
- Talking to my younger self and listening to others doing the same created a sense of acceptance of who I am. Would love to do it again
- Letting myself process sadness & expressing my doubts about some aspects of AVP & the "culture" of this workshop

WHAT CHANGED HOW YOU DEAL WITH VIOLENCE

- Apply the Mandala
- I will try to be more compassionate, to my husband. Be his shoulder to cry on
- Probably – all experiences change us
- I will be aware that there are alternatives to "reaction"
- Let's see

LEAST HELPFUL

- Everything worked together to provide an excellent and empowering workshop
- Dial Back
- Everything had it's relevance
- The last of the "River of Life" exercises when we spoke in past and future tenses
- I think there are negative emotions which can be expressed without destroying the group's well-being. I think it a risk to always expect that someone recovers quickly and that this be demanded of them

FACILITATION

- Keep up the good work so that many more can benefit – like me

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- Excellent
- Very compassionate and efficient. Love you all very much
- Facilitators were generous and 'real' – thank you
- I wonder if the facilitators can sense & respond to a range of emotional states?

COMMENTS

- Keep up the good work so that many more can benefit – like me
- All very useful tools in the journey of life
- I found the River of Life, Past Present and Future very confusing. What is it for? I think it worth saying any exercise no matter how seemingly innocuous can evoke trauma in a participant. What is the mechanism for debriefing and follow-up after workshops
- Thank you xox